



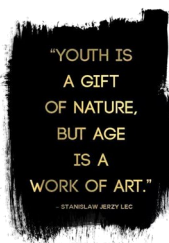
# Heritage Center



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center  
#10 East 6150 South  
Murray, UT 84107  
**801-264-2635**  
heritage@murray.utah.gov  
www.murray.utah.gov  
Director: Tricia Cooke

## Annual Open House and Family Concert



Mark your calendar for the Center's Annual Open House, in honor of *National Senior Centers: Masters in Aging* on **Monday, September 11** from **5:00-8:00**.

A rib dinner with barbequed beans, potato salad, and peach cobbler will be served anytime from 5:00-7:00. Dinner tickets available now. The cost is **\$8** per person or **\$25** for a family of four. All ages are welcome.

We will also be featuring some of our own *Masters in Aging*. Please take time to visit their displays in the Ceramics Room. This is a great opportunity to share what the Center has to offer with your family, neighbors, or friends. It is always a great night to come and have some fun!

The **free** family concert begins at 7:00 and features *The Beehives*, a female vocal trio that combines spot-on harmonies with fun 1940s choreography. This award-winning group energizes audiences with ambitious arrangements of jazz standards, songs from the American Songbook including an Andrews Sisters tribute act, and mingled with modern chart toppers and more. More than just a local phenomenon, *The Beehives* keeps company with some of the industry's best and they have spread the good word of world-class vocal jazz all across the west.



**The Beehives**

### October

#### Oktoberfest

Wednesday,  
October 18  
(\$8 - Friday, Sept 23)

### November

#### Veterans Brunch

Monday,  
November 6

#### Thanksgiving Meal

Wednesday,  
November 15

### December

#### Holiday Boutique

Friday,  
December 1



With September around the corner, where has the hot summer gone? July was a very busy month for Heritage Center staff. We switched the Billiard/Pool room and the East Conference/Exercise room to accommodate more seniors who are interested in our wonderful exercise classes. We hope you have enjoyed brunches on our beautiful patio; as well as our annual outdoor concert series.

Please remember to treat each other with respect, kindness, and civility.

The staff at the Heritage Center is constantly working hard to help improve the quality of life for Heritage Center participants. On August 7 we acknowledged and celebrated our volunteers with awards, lunch, and wonderful music.

I am so grateful and proud of our staff at the Heritage Center and want to tell everyone thanks for all you do! It takes both the seniors and the staff to ensure that the Murray Heritage Center is the best senior center!!!!

*Thanks, Tricia*

## Staff Information

### Murray City Administration

Mayor: Ted Eyre

Public Services Director: Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

### Heritage Center Staff

Director — Tricia Cooke

Program Coordinators — Maureen

Gallagher and Wayne Oberg

Secretary — April Callaway

Receptionist — Miranda Carter

Ceramics — Cindy Mangone

Meals Supervisor — Scott Harris

Meals Assistant — Chris Miller

Dishwasher — Annie Gardner

Custodian — Don Smith

Vehicle Volunteer Drivers —

Jerry Budd and Chuck Dillard

Building Attendant — Pete Wright

### Heritage Center Advisory Board

Erich Mille (Chair), Judy Baxendale,

Brenda Clausen, Donna Gaydon,

Connie Gardner, Ed Houston, Jenny

Martin, Pete Wright, Rod Young

## Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at **mcereg.com**—all you need is an email address. Go to **mcereg.com** and select "**New Account.**" Once you have created your log-in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person"—simply stop in or call 801-264-2635 to register.

## Miscellaneous Information

This **newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant account and have provided an email address. It is also available for pick-up at the Center, online at [www.murray.utah.gov](http://www.murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Center accepts **all major credit cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person. All charges made will show from "Murray City Parks" on your credit card statement.

Inquire at the front desk about purchasing **gift certificates** for programs.

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

## Scholarship Program

In an effort to enable senior adults access to center programs, activities, and meals at the Heritage Center, regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by participant donations and fundraising activities. In order to be eligible you must prove a financial need and meet certain criteria. The current income cap is \$16,038/year for an individual. Applications are available at the front desk or see the Center Director.



Pick up your 20% senior discount punch card at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Inspiring Donations**, but only **IF** you link your rewards card to us. To enroll, go to **smithsfoodanddrug.com** and register the Heritage Center as your favorite charity. You need a rewards card and email address to make this happen. *Instruction sheets are available at the front desk.*

## Watercolors

John Fackrell will begin a new six-week watercolor class from **9:00-12:00** on **Monday, September 11** through **Monday, October 16**. [Register now](#). Cost is **\$33**.

## Beginning Watercolors

John and Joan Fackrell will begin a new six-week beginning watercolor class from **1:00-3:30** on **Monday, September 11** through **Monday, October 16**. [Register now](#). Cost is **\$33**.

## Avoiding Fraud and Family Abuse

On **Tuesday, September 12** at **10:30** the Center will be presenting "Avoiding Fraud and Family Abuse in Retirement." Fraud is a big problem here in Utah. The culture here is much more trusting than most places, making it a prime target for fraudsters. This presentation explains what to lookout for and how to avoid being taken advantage of. **This is a free class.** [Register now](#).

## Earthquake House Class

On **Tuesday, September 19** at **10:30**, Maralin Hoff, "The Earthquake Lady" from the State of Utah Department of Public Safety, will be at the Center. She will be bring her large Earthquake House with her.

This presentation will teach participants how they can "safe proof" their home. During an earthquake, great movement occurs and you may injure yourself or suffer financial hardship. Home Owner Insurance does not cover damages to flat screen TVs, china cabinets, shelves, curios, household furnishings, etc. You will learn some simple ways to secure wall units and furnishings and how to keep them from falling. She will teach you how to protect yourself from getting hurt.

The "Earthquake House" lights up and it is filled with household items and the real sounds of a California Earthquake. **This is a free class.** [Register now](#).



## Wednesday Painting

Sandi Olson's eight-week painting class session from **9:00-12:00** begins **Wednesday, October 4** and will run through **Wednesday, November 22**. [Registration begins Tuesday, September 19](#).

The cost is **\$40** and payment is needed in advance.

## Welcome: Sandi Olson

The Center is sad to say goodbye to Teri Wood-Elegante, our former art teacher. We are pleased to announce that she will be replaced starting October 4 and the new instructor is Sandi Olson. She has over 20 years of experience teaching art, both privately and in institutions, and she continues to be energized by her students. Each class is exciting in its own way and she loves all of them, especially her work at Senior Centers.



She is knowledgeable and paints in both watercolor and oil, and has some experience with pastels and acrylic. In her classes artists will be encouraged to develop their own style, but also to experiment with other techniques. She prefers that artists provide reference material that inspires them, although she will also have some available.

When teaching, she understands that every artist has a different goal. Some aspire to be able to exhibit their art. Others may want to leave a wonderful legacy for their family. However, all hope to be the best that they can be.

She is a Signature Member of the Utah Watercolor Society, a Member of Merit with the Intermountain Society of Artists, and has received a variety of awards locally and regionally. She currently shows her work at the Juniper Gallery in Kayenta, UT, and hopes to expand to other galleries in the future.





## Ceramics

The ceramics class runs on **Tuesday** and **Thursday** from **8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

## Crafts

A small group of crafters meet on **Tuesday** from **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

## Computer Help

The computer lab has six personal computers running Microsoft Windows 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center, if you would like to try out a tablet. There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs 5¢ per page (pay at the front desk or in the cash box in the computer room).



Individual one-hour computer help is available with:

- Bob on **Tuesdays** at **1:00, 2:00, 3:00** (*no Apple products*)
- Katy on **Thursdays** at **2:00 or 3:00** (*device help*)

Registration and payment of \$3 is needed in advance.

Our instructors are unable to assist with hardware questions or problems related to equipment at home. If possible, please bring your own laptop for personalized assistance.

## Intermediate Genealogy

A new 5-week Intermediate Genealogy class will be offered on **Wednesdays** at **12:30-1:30** beginning on **Wednesday, September 6** and going until **Wednesday, October 4**.

Class is limited to six participants. **This is a free class.** Call for availability.



## Unclaimed Property



When businesses owe you money but can't find you, they turn those funds over to the State. The State holds that money in safekeeping until you claim it. You may have money you don't even know about. Search at MYCASH.UTAH.GOV and stake your claim. Roxanne Earl from the Utah State Treasurer's Office: Unclaimed Property Division will be at the Center on **Wednesday, September 6** from **11:30 - 12:00**. No prior registration required.

## Crafting with Susan

Please join us on **Tuesday, September 12** at **2:00**, when we will make a cute door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now. You will be able to finish the project and take it home the day of the class. This class is the **second Tuesday** of each month.

## AARP Smart Driving Class

The next AARP Smart Driving Class will be held **Tuesday, September 26** from **9:30-2:30**. Register now. The cost is **\$15** for AARP members and **\$20** for everyone else. *The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards.* Bring your AARP membership card and valid driver's license.

Check with your auto insurance company about a possible insurance discount for attending this class.

This class is the **fourth Tuesday** each month.

## Vital Aging

On **Tuesday, September 26** at **10:30**, we will present a new wellness class called **Join the Voices for Recovery**. September 2017 marks the 28th annual celebration of National Recovery Month. This year's theme, "Join the Voices for Recovery: Strengthen Families and Communities" encourages people to openly discuss behavioral health conditions and the reality of recovery. Community resources and assistance will be discussed. **This is a free class.** Register now.

Tifani from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

## Haircuts



The Center offers haircuts for men and women on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the front desk. The barber is Jocelyn Anderson.

Appointments are every 15 minutes, starting at 9:00. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

## Massage

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist, provides massage therapy on **Fridays** from **11:45-3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling.

## Flu Shots

Community Nursing Services will be at the Center on **Friday, October 6** from **10:00-12:00**. You will be able to choose the regular Influenza Vaccine (Quadrivalent four strain), High-Dose Vaccine (for over 65), or Pneumonia vaccine. This year, Prevnar 13 (PCV13) is recommended for all seniors 65 year of age and older that have not previously received this pneumococcal vaccination.

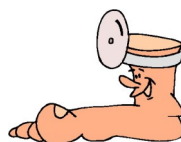
You **MUST** bring the following items with you before receiving your flu shots: insurance or Medicare card (must have Part B) and photo ID. Community Nursing Services is contracted to directly bill most health insurances.



If you don't have insurance, the regular flu shot cost is \$35, High Dose \$50, Pneumonia (PPSV 23) \$90, and Prevnar 13 is \$190.00. As we age, our immune system weakens and our ability to fight illness decreases. Adults age 65+ are more vulnerable to influenza. Vaccinations are safe, effective, and considered to be the best way to help protect against influenza. No sign up necessary.

## Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Monday, October 30** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is \$11 and payment is required at time of scheduling. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.* This service is offered **every other month**. The next scheduled toenail clipping will be **Thursday, December 21**.



## Blood Pressure

Thank you to Rite Aid for providing free blood pressure screenings on **Thursday, September 7** from **11:00-12:00**. This service is offered the **first Thursday** of each month. Just walk in!

## Attorney Consultation

An attorney is available for **free, 20-minute** legal consultations the **second Tuesday** each month. He will be here on **Tuesday, September 12** from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources for help, but they will not attempt to solicit your business.

## Medicare Counseling

Need help with Medicare or supplement issues? Sign up now for individualized help on **Tuesday, September 19** at **12:00-2:00**. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. A volunteer from SHIP comes the **third Tuesday** each month. Advance appointments are required.

## Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round-trip ride. Pick up is between **10:00-10:45** and the return home ride is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

# Heritage Center



We are here to serve you

**Monday — Friday**

**8:00am - 4:30pm**

**Thursday**

**8:00am - 9:30pm**

**Saturday/Sunday**

**Closed**

**#10 East 6150 South**

**(West of State Street)**

**801-264-2635**

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

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Monday		Tuesday	
			
	4	8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	5
9:00 NIA 9:00 Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Exercise Help 1:00 Beginning Watercolors 1:00 Movie: <b>Guardians of the Galaxy</b> 2:00 Strength Conditioning 5:00 <b>Open House — Rib Dinner</b> 7:00 <b>Family Concert — Free</b> <i>The Beehives</i>	11	8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 10:30 Tai Chi 10:30 <b>Avoiding Fraud/Abuse</b> 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 1:30 <b>Attorney Consultation</b> 2:00 Beginning Line Dancing 2:00 Crafting with Susan	12
8:00 <b>Golf: TalonsCove</b> 9:00 NIA 9:00 Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Exercise Help 1:00 Beginning Watercolors 1:00 Movie: <b>Guardians Vol. 2</b> 2:00 Strength Conditioning	18	8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 10:30 Tai Chi 10:30 <b>Earthquake House Class</b> 11:00 Canasta 11:30 Lunch 12:00 <b>Medicare Counseling</b> 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	19
8:30 <b>Golf: Mountain Dell</b> 9:00 NIA 9:00 Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Exercise Help 1:00 Beginning Watercolors 1:00 Movie: <b>Kindergarten Cop</b> 2:00 Strength Conditioning	25	8:30 Ceramics 9:00 Stretch & Tone 9:00 <b>Kingsbury Hall</b> 9:30 <b>AARP Driver Safety</b> 9:30 Line Dancing 10:30 Tai Chi / <b>Vital Aging</b> 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 <b>NO</b> Computer Help 2:00 Beginning Line Dancing	26

Wednesday			Thursday			Friday		
						9:00 Zumba		1
						10:00 Yoga		
						11:15 Chair Aerobics		
						11:30 Lunch		
						11:45 Massage		
						12:30 Exercise Help		
						12:45 Bingo		
						1:00 Bridge		
9:00 Painting		6	8:00 Pickleball Instruction		7	9:00 Zumba		8
9:00 Haircuts			8:30 Ceramics			10:00 Yoga		
9:15 Pinochle			9:00 Stretch & Tone			11:15 Chair Aerobics		
10:00 Yoga			9:00 Pickleball			11:30 Lunch		
10:00 Transportation			10:30 Tai Chi			11:45 Massage		
11:15 Chair Aerobics			11:00 <b>Blood Pressure</b>			12:30 Exercise Help		
11:30 <b>Unclaimed Property</b>			11:30 Lunch			12:45 Bingo		
11:30 <b>Birthday Wed. Lunch</b>			12:45 Happy Hatters			1:00 Bridge		
12:30 <b>Genealogy Class</b>			2:00 Computer Help			1:00 <b>Greek Festival Trip</b>		
12:45 Bingo			2:00 Strength Conditioning					
1:00 Bridge			7:00 Dance					
9:00 Painting		13	8:00 Pickleball Instruction		14	9:00 Zumba		15
9:00 Haircuts			8:30 <b>Wendover</b>			10:00 Yoga		
9:15 Pinochle			8:30 Ceramics			11:15 Chair Aerobics		
10:00 Yoga			9:00 Stretch & Tone			11:30 Lunch		
10:00 Transportation			9:00 Pickleball			11:45 Massage		
11:15 Chair Aerobics			10:30 Tai Chi			12:30 Exercise Help		
11:30 Lunch			11:30 Lunch			12:45 Bingo		
12:30 <b>Genealogy Class</b>			2:00 Computer Help			1:00 Bridge		
12:45 Bingo			2:00 Strength Conditioning					
1:00 Bridge			6:00 <b>Dinner Dance</b>					
9:00 Painting		20	8:00 Pickleball Instruction		21	9:00 Zumba		22
9:00 Haircuts			8:30 Ceramics			10:00 Yoga		
9:15 Pinochle			9:00 Stretch & Tone			10:00 <b>Ogden Front Runner Trip</b>		
10:00 Yoga			9:00 Pickleball			11:15 Chair Aerobics		
10:00 Transportation			10:00 <b>Ogden Front Runner Trip</b>			11:30 Lunch		
11:15 Chair Aerobics			10:30 Tai Chi			11:45 Massage		
11:30 Lunch			11:30 Lunch			12:30 Exercise Help		
12:30 <b>Genealogy Class</b>			12:45 Happy Hatters			12:45 Bingo		
12:45 Bingo			2:00 Computer Help			1:00 Bridge		
1:00 Bridge			2:00 Strength Conditioning					
			7:00 Dance					
9:00 Painting		27	8:00 Pickleball Instruction		28	9:00 Zumba		29
9:00 Haircuts			8:30 Ceramics			10:00 Yoga		
9:15 Pinochle			9:00 Stretch & Tone			11:15 Chair Aerobics		
10:00 Yoga			9:00 Pickleball			11:30 Lunch		
10:00 Transportation			10:30 <b>Fall Colors Trip</b>			11:45 Massage		
11:15 Chair Aerobics			10:30 Tai Chi			12:30 Exercise Help		
11:30 Lunch			11:30 Lunch			12:45 Bingo		
12:30 <b>Genealogy Class</b>			2:00 Computer Help			1:00 Bridge		
12:45 Bingo			2:00 Strength Conditioning					
1:00 Bridge			7:00 Dance					



## Billiards Room

Pool tables and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the pool hall at the east end of the building.

## Bingo

Bingo is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played.

*On September 1, Fresh Market stores will become Macey's. Macey's will continue to honor your Fresh Market gift cards.*



## Cards

**Bridge—Monday at 11:00, Wednesday and Friday at 1:00**

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed.

**Canasta—Tuesday at 11:00**

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

**Pinochle—Wednesday at 9:15**

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid on tournament day.

## Monday Movie

Join us on  
**Mondays** at  
**1:00** for a **free**  
movie and  
popcorn!



**September 4**  
Labor Day  
Heritage Center  
Is Closed



**September 11**  
Guardians of the Galaxy  
2014 / 122 min  
Fantasy-Sci Fi



**September 18**  
Guardians Vol. 2  
2017 / 136 min  
Fantasy-Sci Fi



**September 25**  
Kindergarten Cop  
1990 / 111 min  
Action-Comedy

## Earl Barnes wins SLCo Pool Tournament



Representatives from each of the Salt Lake County Senior Centers as well as the Heritage Center competed this past month in a County-wide

Pool Tournament at the West Jordan Senior Center. Earl Barnes, representing the Heritage Center, won this tournament. Congratulations, Earl!

## Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday** at **9:30** for all dancers, and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

## Birthday Wednesday



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade!



## Exercise Classes

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### Strength Conditioning

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### Stretch & Tone

Tuesday and Thursday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

### Tai Chi

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### Yoga

Wednesday and Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

### Chair Aerobics (25¢)

Wednesday and Friday  
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



## Exercise Room

The exercise room is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass**. Ask at the front desk for details.



## Exercise Help

The U of U Exercise and Sports Students will be at the Center every **Monday and Friday at 12:30-2:00**. *This class is included with the Exercise Room Fee.*

The students teach a balance class that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one help. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills.

## Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master.



The meditation class began on **Monday, August 7** and runs through **Monday, October 2** from **10:30-12:00**. The cost for this eight-week course is **\$20** or **\$3 per class**. Barbara will present in-depth information about how Chakras and meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your Chakras balanced.

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game.



Play Pickleball at the Center every **Monday** from **10:15-12:00** or **Thursday** from **9:00-11:00** in the dining room or on the outdoor courts—weather permitting.

If you are new to the sport, **instructional play** takes place every **Thursday** from **8:00-9:00**.

You can also play at the Murray Park Center (296 E. Murray Park Avenue inside Murray Park on State Street) every Tuesday and Thursday from 8:00-12:00.

## Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 Monthly Fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneakers or Silver & Fit benefit

## Thursday Evenings: Heritage Center is Open Until 9:30 PM

The Heritage Center is open until **9:30 pm** on **Thursday evenings**. Enjoy the computer lab, billiards room, exercise room, or dance to the music of Tony Summerhays.



## Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night** from **7:00-9:30 pm**. Cost of this activity is **\$5** per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray and West Jordan, Chuck-A-Rama, and Tony Summerhays.

## Dinner Dance

Maybe you have thought about coming to the dance on Thursday nights? Is there live music? Is it fun? What if I don't have a partner? It is tons of fun and you do not have to have a partner. Tony Summerhays plays beautiful music. Tony performs over 450 songs from a wide variety of styles including Pop, Rock, Country, R&B, Latin, Big Band, and Standards.

Dancing researchers at the Albert Einstein College of Medicine studied adults age 75 and older for more than 21 years. They looked at 11 different activities—including crossword puzzles, reading, and cycling. The results? Dancing can reduce your risk of dementia and memory loss by a whopping 76%! That's twice as much as doing crossword puzzles. Dancing forces your brain to make new neural connections; especially in the planning and memory centers. That can stimulate your mind and keep it sharp well into your nineties.



On **Thursday, September 14** we will be offering a dinner at **6:00** and dancing at **7:00**. We will be serving Spaghetti and Meat Balls, Green Salad, Garlic Sticks, Beverage, and Dessert. Advanced tickets are required for the dinner and are available now. Cost for the night is **\$10**. Our theme for the

evening will be Vintage/Retro Hats. Prizes will be awarded for the Oldest Hat, Smallest Hat, and Most Original Hat. Debra Platt, former owner of *Arsenic & Old Lace*, will be doing the judging. Her team of experts have vast knowledge about vintage hats. Start getting your hats out and have some great fun at the September 14 dinner and dance.

## Pen Pal Program

The 2017-18 school year is here and we will start our Pen Pal correspondence program the first week of October. The Center is in need of approximately 30 Senior Pen Pals who would like to write a letter once a month to a 5th grade student at a local elementary school. During the school year you will have opportunities to meet your Pen Pal, and at the end of the school year we will have a party. Your letter to the student is dropped off at the front desk and then two weeks later you come by the front desk to pick up your reply from the student. This is a fun way to keep letter writing from disappearing and to bridge the generation gap. *Register at the front desk if you would like to be a Pen Pal. You must register again even if you have been a pen pal in the past.*



## Golf League

Fees for each tournament include green fees, electric cart, and prizes. A one time, initial sign-up fee of **\$7** is to be paid in addition to the registration fee for the tournament played.

*All tournament fees must be paid at least 10 days before the tournament.*

9/18	8:00	TalonsCove
9/25	8:30	Mt. Dell (rainout)
10/2	8:30	Meadowbrook

## Year End Golf Banquet Monday, October 9 at 5:00

Cost is \$5 for golfers and \$8 for a guest  
Payment and registration due by October 5

## Center Trips



...Travel with friends



**The standard tip for chartered buses is \$1 per person**

## Bus Trip Reminders



If you are traveling on any of our trips, please park your car **north** of the light pole in our parking lot to free up space for the daily patrons of the Center.



Please remember to bring your own water to enjoy on the trip.

For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver.



## Greek Festival

The Center bus will travel to the Greek Festival in downtown Salt Lake on **Friday, September 8**, departing at **1:00** and returning about 4:30. Cost of the trip is **\$6** and includes transportation and entry into the Festival. *Some walking is involved in this trip. Register now.* You will step off the bus at the corner of the Greek Orthodox Church where crafts, dance, music, food and tours will be available for your enjoyment. Food will be on your own.

## Wendover



Travel to Wendover on **Thursday, September 14** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30** and return at approximately **7:00**. Next Wendover Trip: **Thursday, November 9**.

## Fall Colors



The Fall Colors trip has become a favorite of the Heritage Center participants. With fall just around the corner, mark your calendars for **Thursday, September 28**.

We have chartered a bus which will leave the Center at **10:30** and return around 3:00. The cost is **\$28** and includes lunch and transportation on the bus. Registration begins Wednesday, September 6.

We will travel through Provo Canyon to Sundance. We will continue on to Midway where we will enjoy lunch at the Soldier Hollow Grill. For lunch you will have a choice of grilled chicken breast or cheeseburger with choice of salad (green salad, potato salad, pasta salad, fruit salad), baked beans and a beverage. After lunch we will travel through Midway into Heber City and down Parley's Canyon back to the Center. Don't miss this yearly excursion and the opportunity to enjoy a beautiful fall day and the parade of colors.

## Ogden Front Runner



For this unique trip we will be taking the Front Runner commuter rail train to Ogden's Historic Union Station on a museum and lunch tour. The almost century old Union Train Depot houses four classic museums and the Union Grill Restaurant, where you are free to dine on your own.

Your trip includes entry to all four museums: Utah State Railroad Museum, John M. Browning Firearms Museum, Browning-Kimball Classic Car Museum, and the Utah Cowboy & Western Heritage Museum. *This trip will require extensive walking to and from the station, museums, and restaurants.*

The Heritage Bus will take you to the Murray UTA Front Runner stop at **10:00** and will pick you up again at 4:30 on **Thursday, September 21** or a second trip on **Friday, September 22**. Cost is **\$10** which includes your Front Runner ticket and entry into all four museums. Register now.

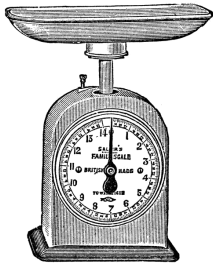
## Kingsbury Hall: Roomful of Teeth

Roomful of Teeth is a Grammy-winning vocal project dedicated to mining the expressive potential of the human voice. Through study with masters from singing traditions the world over, the eight-voice ensemble continually expands its vocabulary of singing techniques and, through an ongoing commissioning process, forges a new repertoire without borders. The group's debut recording "Partita for 8 Voices" won composer (and ensemble member) Caroline Shaw a Pulitzer Prize in 2013, making her the youngest recipient ever of the prize.

The bus will leave at **9:00** on **Tuesday, September 26**. Registration begins Tuesday, September 12 and the cost is **\$5**.



# MONTHLY LUNCH MENU



## September 2017

NO RESERVATIONS NEEDED unless it is a **SPECIAL EVENT**

Lunch is served anytime between 11:30 – 12:30

Make your selection and pay when you are ready to eat

Sandwiches or Salads are available as alternatives

Prices range from \$2 - \$4



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

				<p>1</p> <p><b>ORANGE CHICKEN</b></p> <p>Ham Fried Rice</p> <p>Spring Roll</p> <p>Cream Cheese</p> <p>Wonton</p>
<p>4</p> <p><b>CLOSED</b></p>	<p>5</p> <p><b>POT ROAST</b></p> <p>Mashed Potatoes and Gravy</p> <p>Green Beans</p> <p>Peach Cobbler</p>	<p>6</p> <p><b>CHICKEN MARSALA OVER PASTA</b></p> <p>Asparagus</p> <p>Birthday Cake &amp; Ice Cream</p>	<p>7</p> <p><b>ROASTED TURKEY BREAST AND GRAVY</b></p> <p>Au Gratin</p> <p>Caramelized Carrots</p> <p>Chocolate Pudding</p>	<p>8</p> <p><b>SHEPHARD'S PIE</b></p> <p>Side Salad</p> <p>Caramel Mousse</p>
<p>11</p> <p><b>NO LUNCH</b></p> <p>Open House</p> <p>5:00—7:00</p> <p>Rib Dinner</p> <p>\$8 person</p>	<p>12</p> <p><b>LOADED BAKED POTATO</b></p> <p>Side Salad</p> <p>Broccoli</p> <p>Cheese Sauce</p> <p>Ice Cream Sandwich</p>	<p>13</p> <p><b>SUNDRIED TOMATO CHICKEN BREAST</b></p> <p>Cucumber Salad</p> <p>Fresh Fruit</p> <p>Chocolate Chip Cookie</p>	<p>14</p> <p><b>BAKED LEMON TILAPIA</b></p> <p>Cole Slaw</p> <p>Veggies</p> <p>Maple Brownie</p>	<p>15</p> <p><b>TAQUITOS</b></p> <p>Spanish Rice</p> <p>Corn</p> <p>Creamie</p>
<p>18</p> <p><b>NO LUNCH</b></p>	<p>19</p> <p><b>PORK RIBS</b></p> <p>Baked Beans</p> <p>Cornbread</p> <p>Choco Taco</p>	<p>20</p> <p><b>COUNTRY FRIED STEAK</b></p> <p>Roasted Potatoes and Gravy</p> <p>Veggies</p> <p>Ambrosia</p>	<p>21</p> <p><b>CHILE VERDE</b></p> <p>Rice, Tortilla</p> <p>Roasted Corn/Bell Pepper</p> <p>Churro</p>	<p>22</p> <p><b>STEAK 'N MUSHROOM QUICHE</b></p> <p>Side Salad</p> <p>Broccoli</p> <p>Fruit Parfait</p>
<p>25</p> <p><b>NO LUNCH</b></p>	<p>26</p> <p><b>MEATLOAF</b></p> <p>Mashed Potatoes and Gravy</p> <p>Frogeye Salad</p> <p>Fresh Fruit</p>	<p>27</p> <p><b>TURKEY LEG</b></p> <p>Cranberry Coleslaw</p> <p>Green Beans</p> <p>Caramel Apple Bar</p>	<p>28</p> <p><b>CHICKEN CORDON BLEU WITH</b></p> <p>Mustard Sauce</p> <p>Asparagus</p> <p>Side Salad</p> <p>Pumpkin Cheesecake</p>	<p>29</p> <p><b>EGG DROP SOUP</b></p> <p>Spring Rolls</p> <p>Brownie</p>